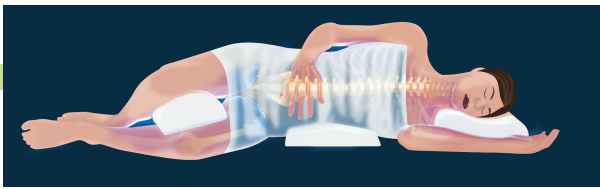
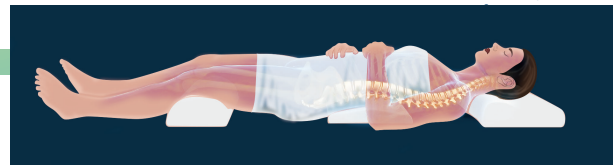


Healthy Sleep Positions

Your sleep positions can cause or aggravate problems ranging from back pain to headaches. Unless directed otherwise, consider the following recommendations:



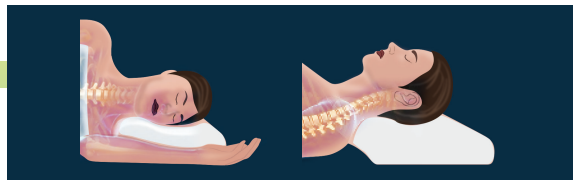
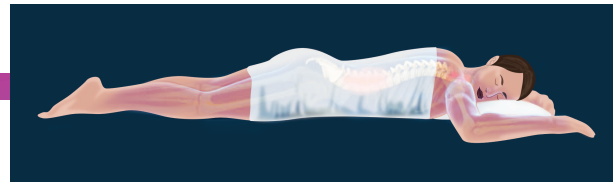
Sleep on your back with a pillow underneath your knees.



Sleep on your side with a pillow between your knees.



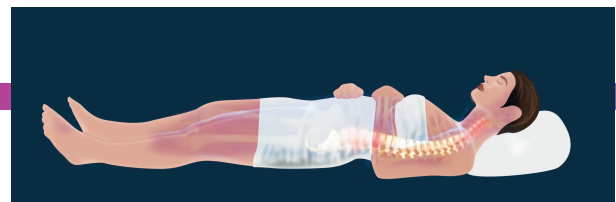
Avoid sleeping on your stomach.



Select a pillow that will hold your head in a neutral position while sleeping on your side or back.



Avoid excessively thick or multiple pillows.



And if you're unable to find ANY comfortable sleep position, it's time to see your chiropractor!